



AW facilitator resource kit.

REFLECTION

purpose.

A key difference between AW and its competitors is the ability of AW facilitators to take important learnings from camp and transfer them to learnings for life. Taking time at the end of each program to reflect on what participants have learned is critical to this transfer of learnings. There is a growing body of evidence to support the benefits of reflection in solidifying learnings.

delivery.

There is vast creative scope for how to deliver a reflective session. Use the guide below and then add your own skills to make it amazing!

Any AW reflection session must have:

- Time alone for every participant in silence (preferably in the bush, but this can be done in a school setting also)
- Guiding questions to provoke thought and reflection (examples below)
- An opportunity to share key reflections and learnings with the group

Optional extras that make the experience even more impactful:

- Writing down reflections in a journal
- Finding an object from the surrounding environment to take home as an anchor, reminder of this experience

Some suggested guiding questions that will provoke participants to consider what they have learned and how it relates to daily life:

- What moments over the last X days challenged you most?
- How did you overcome those challenges? What strengths in yourself did you have to draw on? What strengths of the group supported you?
- What moments have been the best for you? Why?
- How did you surprise yourself on camp?
- Of the skills and strengths, you have developed over the last X days, which will you be able to use back in your usual environment?
- How will this experience impact your school life going forward?
- How can you connect back to this time in future when you need to?
- What memories do you want to capture so you never forget them?

Example: Solo letter writing reflection

Step 1:

Invite students to partner up and reflect on the following questions with each other:

- *How have the past 12 months been for you?*
- *What has happened?*
- *Where have they been?*
- *What were the highlights?*
- *Who are their friends?*
- *What have you achieved?*
- *What was challenging?*
- *How has your experience on camp been?*
- *What have you learnt about yourself on camp? About others?*
- *What learnings from this experience will you take into life going forward?*



Step 2:

Then invite everyone into a circle and invite them to get comfortable before reading the following:

Take a deep breath and connect with your present self in this moment. Reflect on your current experiences, aspirations, and emotions. What has this past year looked like for you? How have the first few years of high school been? What have been your biggest challenges? What have been your biggest successes?

If you could, what would you want to share with your future self? What advice, hopes, or dreams do you want to convey with them?

What progress have you made and what do you hope to make in the future? Celebrate your growth and resilience. And envision how you hope your future will look in the next few years.

In a moment I am going to invite you to take yourself into the bush finding somewhere alone and quiet to reflect and write a letter to your future self.

Consider what you shared with your partner just now and the questions I have just posed.

Imagine your future-self receiving this letter. Visualize them opening it with anticipation, their eyes lighting up as they read your words. Feel the connection between your present and future selves, a bridge of understanding and compassion. Imagine your future-self feeling inspired by your words, and motivated to keep pursuing your dreams.

Step 3:

When you're ready quietly come and grab a few pieces of paper and a pencil. I am going to share some guiding questions with you to consider for your letter. Note down the ones that resonate with you and then I'll invite you to go and find space alone to reflect and write your letter.

- What has this past year of so looked like for you?
- What are you most proud of?
- What is your hope for yourself for the next few years of high school?
- What would you like to tell your future self?
- What moments over the last X days challenged you most?
- How did you overcome those challenges? What strengths in yourself did you have to draw on? What strengths of the group supported you?
- What moments have been the best for you? Why?
- How did you surprise yourself on camp?
- Of the skills and strengths, you have developed over the last X days, which will you be able to use back in your usual environment?
- How will this experience impact your school life going forward?
- How can you connect back to this time in future when you need to?
- What memories do you want to capture so you never forget them?

Step 4:

Invite the group to go off on their own to reflect and write giving them at least 15mins.

Optional: Before you send them off, ask them to consider picking up an object from the floor as an anchor back to this experience and a reminder of all they've learnt/memories



success looks like.

- ✓ Solo time for each participant to reflect on their experience and learnings
- ✓ A robust discussion about key learnings and experiences
- ✓ Participants making the link between learnings from camp that are relevant to life outside of camp